

BANANA BREAD WITH WALNUTS AND CHOCOLATE CHIPS

Every week I buy the same number of bananas. Inevitably some weeks we use them all and are running to the store to buy more. On other weeks we watch them on the counter turn from spotted to brown. This inconsistency in banana consumption is the reason everyone needs an obligatory banana bread recipe in their repertoire. The browner the bananas get, the sweeter they get. The walnuts add a little extra contrast, while the chocolate makes it extra delicious.

INGREDIENTS

3 bananas, mashed, about 1 cup
1/2 cup or 1 stick butter, softened
2 eggs
1/2 coconut sugar
2 teaspoons vanilla
1 cup almond flour
1/2 cup cassava flour
1 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup walnuts, roasted, cooled,
and chopped
1/4 cup chocolate chips (more if
you like!)
1 teaspoon cassava

MAKES ONE LOAF

- 1 Preheat the oven to 350 °.
- 2 In a large mixing bowl, mash the bananas with a fork or potato masher. Using a mixer, mix in the butter until well mixed.
- 3 Then add in butter, eggs, and sugar and beat until well mixed.
- 4 In a separate bowl, whisk together the almond flour, cassava flour, baking soda, baking powder, and salt. Slowly add the dry ingredients to the mixer until the batter is thicker.
- 5 In a small bowl, add the walnuts and chocolate chips with a teaspoon of cassava flour. (Coating, the nuts, and chocolate chips will prevent them from sinking to the bottom of the bread.)
- 6 Add the walnuts and chocolate chips to the batter and mix in. (Optional: Sprinkle some chopped walnuts on top!)
- 7 Spray or butter a loaf pan and pour the batter into the pan.
- 8 Bake for 35-40 minutes or until a toothpick comes out clean. Allow the bread to cool for at least 10-15 minutes before cutting it.